FREE

4-week Self-Management Diabetes Workshop

Topics to be covered include:

- . Diabetes overview
- . Medications
- . Meal planning
- Short & long-term complications
- . Monitoring your blood glucose
- . Exercise
- Stress management and problem solving
- . Medi-Cal and Insurance Benefits

Dates:

Interactive

4 Wednesdays in September, 2010: September 8th, 15th, 22nd, & 29th

Time: 9:00-11:30 a.m.

Place: Westminster Senior Center-Room A

Presented by: Jane Hannah, R.N. P.H.N. Certified Diabetes Educator



Adult Public Health Nursing Services Orange County Health Care Agency



Please Sign-Up at the Front Desk



Westminster Senior Center

Senior Spotlight

8200 Westminster Blvd. Westminster, CA 92683

August 2010

(714) 895-2878





THURSDAY
August 12th at 11:00 a.m.
East/West Room
Tickets: \$4.00 Donation

Reservations Required-Limited seating

Featuring: Westwood Productions Entertainment Fellowship~Entertainment~Food~Door Prizes

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Page 2 SENIOR SPOTLIGHT

Westminster Senior Services Team

MAYOR & CITY COUNCIL DEPARTMENT LINE

(714) 5483240

Margie L. Rice

MAYOR
(714) 548-3183

Frank G. Fry

MAYOR PRO TEM
(714) 548-3179

Tyler Diep COUNCIL MEMBER

(714) 548-3181

Andy Quach COUNCIL MEMBER

(714) 548-3182 **Tri Ta**

COUNCIL MEMBER (714) 548-3179

Donald D. Lamm CITY MANAGER (714)548-3172

Greg Johnson

COMMUNITY SERVICES DIRECTOR (714) 895-2860

Diana Dobbert

ASSISTANT COMMUNITY SERVICES DIRECTOR (714) 548-3665

★ Please Note: The City of Westminster now has an updated phone system; some numbers remain the same; others have changed.

COMMISSION ON AGING

Chair-Vince Agor	(714) 897-6252
Commissioner-Nora Barajas	(714) 893-3708
Commissioner-Phillip Hodgetts	(714) 847-4165
Commissioner-Vince Petronzio	(714) 897-6261
Commissioner-Ginger Waugh-Borden	(714) 897-4644
Alternate-Erwin Vysma	(714) 893-3659

The Commission on Aging serves as an advisory body on matters of interest and concern to senior members of the community. The Commissioners are appointed by the Westminster City Council.

Meetings are held the second Monday of every other month at 10:00 a.m. in the City Council Chambers; all residents are welcome and encouraged to attend.

Senior Center Staff (714) 895-2878

Senior Services Supervisor - Claire Hutchinson

Nutritionist Maribel Avilez Secretary - Sherrie Machuga Receptionist - Ivy Gimondo Clerk Typist - Joy Williams

Transportation Coordinator - Bea Pratte

Van Drivers - John Conrekas, Bertha Lara

and Clarey Mercer

Health Care Nurse - Jane Hannah

Project S.H.U.E. Director-Susana Delgado

Senior Center Intern-Amber Julian

We are on the Web!

This monthly newsletter,

The Senior Center Spotlight,

is now available on the City Website:

www.ci.westminster-ca.gov,

Departments, Community Services, Senior Services.

Emergency & Business Telephone Numbers

Emergency Number	911
Police	(714) 898-3315
Fire	(714) 744-0400
Elder-Abuse	1(800)451-5155
City Hall	(714) 898-3311
OCTA (ACCESS Van)	(714) 560-5956
Chamber of Commerce	(714)898-9648
Library	(714)893-5057
Medi-Cal	(714) 741-7100
Social Security	1(800)772-1213
Ombudsman	(714)479-0107
Office on Aging	1(800)510-2020
Information Help Line	211

SENIOR SPOTLIGHT Page 11

Senior Center

Health Talk: "Stress"

Wednesday, August 4th 11:00-11:30 a.m. Dining Room

Topics to include: Symptoms, Management, & Care

Diabetes Education & Support Group "Diabetes and Exercise"

Wednesday, August 18th 12:30 p.m.-2:00 p.m. in Room 3-4



Presentations given by: Jane Hannah RN, PHN Sponsored by: Adult Public Health Nursing Services, and the Orange County Health Care Agency.

♦ Information on Medi-Cal will be discussed.

Free Manicures & Haircuts



Offered by the Asían Amerícan Beauty School

> Tuesday, August 10th East/West Room 10:00 a.m.-12:00 noon

First come; first served.

Page 10 SENIOR SPOTLIGHT

Senior Center Programs

Bowers Museum Presents

REMEMBERING VINTAGE FASHION Fashion from the 1900-1930's







Hosted by
Suzanne Snyder & Pam Wheless
Bowers Museum Docents

Come and find out how fashion was influenced by history and social change during this time.

Date: Wednesday, September 1, 2010

Time: 10:00 a.m.

Place: Westminster Senior Center Dining Room

Prescription Drug Disposal

The **National Community Pharmacists Association (NCPA®)**, its members and partners are offering you safe disposal of unwanted medications in local community pharmacies around the country. The pharmacy nearest the city of Westminster is Pacific Side Pharmacy, 19582 Beach Blvd., Huntington Beach, CA 92648. The phone number is (714) 965-5203.

The NCPA encourages you to talk to your pharmacist and ensure you are taking your medications correctly. Do not leave the pharmacy without understanding everything you need to know about your medications, including how to store, use and dispose of them properly.

<u>DisposeMyMeds.org</u>, is an online resource that has more information regarding proper disposal of medications and additional information on medication safety.



SENIOR SPOTLIGHT Page 3

From the Director's Chair

t's hard to believe that we are in August and that our **Luau** is around the corner. There are still tickets on sale for the event but please do not wait too long. The Luau will be Thursday, August 12th at 11:00 a.m. with entertainment by **Westwood Productions** and the cost of the tickets is a \$4.00 donation.

We want to thank everyone who participated in the **Christmas in July** program that was initiated by Mayor Margie Rice to give special items to the homebound seniors and to let them know they are thought of year-round. A special thank you to Maribel Avilez for organizing the event and her Home Delivered Meals drivers for getting the gifts to the seniors; it was a success.

Manicures and Haircuts will be held on Tuesday, August 10th at 10:00 a.m. Commodities will be held on Wednesday, August 11th at 8:00 a.m. Safety Driving Class will be held Thursday and Friday, August 19th and 20th beginning at 8:30 am. The August Birthday party will be Thursday, August 26th with entertainment beginning 11:00 a.m.

A **pool tournament** is scheduled for the high school students from the Boys and Girls Club with our seniors on Thursday, August 19th at 9:30 a.m. A sign-up list is posted in the pool room. Please come and support all the players.

On Wednesday, September 1st at 10:00 a.m. in the dining room, the **Bowers Museum** will present **"Remembering Vintage Fashion"** from the 1900-1930's. Come see the beautiful clothes and see how fashion has been influenced by history.

Our next Silent Auction will be in November. Please begin saving your items for the event.

Our **Spotlight** will be having some exciting changes beginning in September. We will start combining two months worth of information in one newsletter. The September/October Spotlight will contain the same topics that were in previous newsletters.



CLAIRE

Westminster Community Services & Recreation Department

2010 Concerts in the Park

Thursday Evenings, 6:00 p.m.-7:30 p.m.

Civic Center Sunken Gardens

August 5th "Mama Hagglin" Rock & Roll

August 12th "Gospel Night" Community Group Choir

August 19th "Nicholson Pipes & Drums"

Bagpipe Band & Celtic Sky Dancers

August 26th "The Music Factor" Jazz/Funk

Sponsored by Target Store of Westminster & the Westminster City Council

SENIOR SPOTLIGHT Page 4

Senior Center Programs

Lunch Is Served Monday-Friday at 11:45 a.m.

Come join in the camaraderie with a delicious lunch and wonderful friendship. The suggested donation is just \$2.50 for our senior participants. If you need a ride to lunch, just give us a call at (714) 895-2878.

Westminster on Wheels W.O.W. Nutrition Van

Please help us continue this outstanding bus service by abiding by the following:

- -You must cancel the day before, if possible, by calling the Senior Center at (714) 895-2878. The bus driver cannot accept cancellations.
- -After three "no shows" you will be taken off the transportation program.
- -Be ready to walk out the door when it is pick-up time from your home.

(There is a 5-minute window of time before & after estimated pick-up time.)

Morning Pick-Ups:

8:00 a.m. to 9:00 a.m. from home to Center.

Afternoon Returns:

12:30 p.m. & 2:30 p.m. from Center to home.

W.O.W. Shuttle

The Shuttle picks up Westminster senior residents from Mobile Home Parks and Senior Housing Complexes to shop around town Monday through Thursday from 9:00 a.m. to 1:00 p.m. Please note:

NO SHUTTLE SERVICE ON FRIDAYS

Please contact the Center if you have any scheduling questions. Service is free, but you must sign up, call (714) 895-2878.



Mondays, Wednesdays & Fridays Thanks to our August 2010 Callers:

8/2-Kim Ward 8/4-Earl Northcott 8/6-Bob Munn (9:30-11:15) 8/9-Mary Pagano 8/11-Dollie DeRobbio 8/13-Sue Wolff (9:30-11:15)8/16-Vivian Tran 8/18-Earl Northcott

8/20-Rich Sowiak (9:30-11:15)8/23-Kim Ward 8/25-Dollie DeRobbio 8/27-Sue Wolff (9:30-11:15) 8/30-Mary Pagano



"Lovely Treasures"

is now the name for the place where you can come and shop for items handmade by our Yarn Spinners and Crafters. Snacks are also available.

The name "Lovely Treasures" was submitted by Helen Smith.

> A big thank-you to all who participated!



"Like a welcome summer rain. humor may suddenly cleanse and cool the earth, the air and you."

-Langston Hughes



SENIOR SPOTLIGHT Page 9

DAY TRIPS

Lake Arrowhead

Tuesday, August 10th, 2010

Enjoy the day in the beautiful San Bernardino Mountains Cost: \$15.00 as you travel up to Lake Arrowhead. Spend time browsing in Arrowhead Village, then a delicious lunch at the Arrowhead Resort and afterwards enjoy a narrated cruise on the Arrowhead Queen.

Upon sign-up must choose: 1) Meatloaf, 2) Angel Hair Pasta, or 3) Club Sandwich.

Depart: 8:00 a.m. Return: 5:00 p.m.

Cost: \$64.00



Viejas Indian Casino

Tuesday, August 24th, 2010

Enjoy a fun-filled day in Gaming & Shopping at Viejas!

Depart: 8:00 a.m.

Cost: \$15.00

Del Mar Horseraces/with Lunch

Thursday, September 2nd, 2010

Package includes: Clubhouse Seating, Racing Program, Lunch at Hunter Steakhouse. Deluxe Motorcoach. Upon sign up, must choose: 1)Top Sirloin, 2) Forest Mushroom Chicken, or 3) Beer-Battered Fried Shrimp.

Depart: 10:00 a.m. Cost: \$59.00

Winemaker For a Day/(with Italian Lunch)

Wednesday October 6th, 2010

Package includes: Wine tasting at Thomas Winery (est.1839), bottling your own personalized bottle to bring home, and a visit to Casa De Rancho Cucamonga with resident historian.

Depart: 10:00 a.m. **Return: 4:00 p.m.**

Cost: \$72.00



Casa de Rancho Cucamonga

Pechanga Indian Casino

Tuesday, October 26th, 2010

A fantastic trip at an unbelievable price!

Depart: 8:00 a.m. Return: 5:00 p.m.

Palm Springs Follies

Wednesday, December 1st, 2010

Sign up now as this favorite is always a smash hit!

Return: 6:30 p.m. Depart: 9:00 a.m.

Cost: \$77.00

OVERNIGHT TRIPS

Laughlin Luau-Riverside Hotel & Casino

SOLD OUT-Waiting List Only September 14th-16th, 2010

Stateline Special to Buffalo Bill's

November 8th-9th, 2010*Rates are lower than 2009! Package includes 2 DAYS, 1 NIGHT at Buffalo Bill's Hotel and Casino.2 FREE Buffets & Baggage Handling.

(MONDAY-TUESDAY)

Return: 5:00 p.m. Depart: 9:00 a.m. \$49 p/p Double Occupancy Return: 5:00 p.m. \$67 Single Occupancy



Laughlin Christmas at **Riverside Hotel & Casino**

Return: 7:00 p.m. December 5th-7th, 2010 (approximately) SOLD OUT-Waiting List Only

YO-YO OUILT DRAWING



This beautiful Yo-Yo quilt was handmade and donated by June Traver.

Opportunity tickets are on sale at the Front Desk and the winner will be announced at our

Holiday Party on Wednesday, December 14th

Proceeds benefit the Westminster Senior Center Programs.

Ticket Price: 1 for \$1.00 or 6 for \$5.00 See Front Desk for tickets

The trips offered are fun and affordable. Enjoy day trips or the popular overnight trips. The tip for the bus driver is included in the price.

Page 8 SENIOR SPOTLIGHT

Senior Center Classes

Semor Center Classes							
**	Adult Fitness (Chair Exercis	es)		*Dance Aerobics			
	oic, chair/standing exercise class		Day	Time	Instructor		
•	h and strengthen muscle groups		Thursday	9:00 a.m10:30 a.mLevel 2	J. Camarena		
aspects of bala			Thursday	10:30 a.m12:00 noon-Level 3			
Day	Time	Instructor	Thursday	3:00 p.m4:30 p.mLevel 2/3	J. Camarena		
Monday	10:00 a.m12:05 p.m.	M. Masters		Dominos (Mexican Train)			
Tuesday	10:00 a.m12:05 p.m.	M. Masters	Day	Time	Instructor		
Wednesday	10:00 a.m12:05 p.m.	M. Masters	1st & 3rd Wed.	12:30p.m3:00 p.m.	Group		
**Beginning (Chair) Fitness			Longevity Stick				
Day Time Instructor		Longevity Stick is a Vietnamese form of exercise involving slow					
Tues./Thurs.	12:30 p.m1:35 p.m.	M. Masters	movement and stret 2878 ext.482.	tching. If you have questions, please	e call (/14) 895-		
			Day	Time	Instructor		
	**Balance & Mobility		Monday	9:00 a.m10:00 a.m.	D. Allison		
A preventive class for Seniors at risk for falling; must meet		Thursday	9:00 a.m10:00 a.m.	M.Bac Dau			
entrance criteria, requires doctor's clearance, medical his-		Thuisday	*Low Impact Aerobics 2	M.Dac Dat			
•	ce evaluation before enrollmen		Day	Time	Instructor		
Day (T)	Time	Instructor	Monday	10:45 a.m11:45 a.m.	mon actor		
Tues./Thurs.	8:45 a.m9:45 a.m.	M. Masters	ivioliday	Mah Jongg			
	р.:		Day	Time	Instructor		
D	<u>Bridge</u>	T	Monday	10:00 a.m12:00 noon	Group		
Day	Time	Instructor	141011 da y	10.00 u.m12.00 Hooli	Group		
Mon./Thurs.	12:15 p.m3:00 p.m.	Group		* Stretch and Flex			
	Bunco		Day	Time	Instructor		
Day	Time	Instructor	Tuesday	9:30 a.m10:30 a.m.	J. Camarena		
2nd & 4th We		D. Vorono		Sudoku			
of each month	1 1	2. (010110	Day	Time	Instructor		
		. Class	Friday	10:30 a.m12:00 noon	M. Epstein		
Beginning & Intermediate Computer Classes		,	Tai Chi	1			
PLEASE NOTE: Applicants start by filling out forms at the		Day	Time	Instructor			
Front Desk. Instructors will contact potential students with		Friday	8:30 a.m10:30 a.m.	L. Mo			
the new schedules.			-	Yarn Spinners			
	Intermediate Computer Class	SS	Day	Time	Instructor		
Day	Time	Instructor	Mon./ Wed./Fri	. 9:00 a.m12:00 noon	G. Border		
Monday	9:00 a.m11:30 a.m.	K. Hillhouse	Plassa				
Tuesday	12:30 p.m3:00 p.m.	B. Ault	Please bring your i.d. with you when you attend the Senior Center.				
J	Beginning Computer Class						
Day	Time	Instructor	Please Note: A	Please Note: ALL Huntington Beach Adult School			
Wednesday	9:00 a.m11:30 a.m.	D. Davis	classes are nov	classes are now Fee-Based .			
,	Creative Crafts		*Huntington P	Peach Adult School			
Day	Time	Instructor	*Huntington Beach Adult School (for further info. call (714) 901-8106 ext.4405)				
Thursday	9:00 a.m11:30 a.m.	M. Loth			4403)		
J	**Coastline Community College Classes		are offered a				
	*Intro to Dance Aerobic	<u>s</u>		, .			
Day	Time	Instructor	no cost. Pre-registration is advised. (for further info., call (714) 241-6184)				
Monday	1:00 p.m2:15 p.mLevel 1	V. Williams	yor juriner inj	o., cun (/14) 241-0104)			
▲ Fall Session for Coastline College				on for Coastline College st	arts		
	*Dance Aerobics						
Day	Time	Instructor					
Tues./Thurs	12:45 p.m2:30 p.mLevel 4	J. Camarena	A Huntingto	on Reach Fall Session begi	ine		
	(Closed-Waitlist)		 Huntington Beach Fall Session begins September 1st and ends December 17th. 				
			September	r 18t and ends December 1	1 / UII.		

SENIOR SPOTLIGHT Page 5

Senior Center Programs

Commodities - Our Commodities Program is on the 2nd Wednesday of each month. August Commodities will be on Wednesday, August 11h. If you live in Westminster and qualify as low income, please come between 8:00 a.m.-11:00 a.m. Bring proper identification & plastic bag.

Driver Safety (formerly 55 Alive) - Classes are every other month on Thursday and Friday from 8:30 a.m.to 12:30 p.m. The next class takes place on August 19th & 20th, 2010 The cost is \$12 per person if you are a member of AARP and \$14 for non-members; sign-up at the Front Desk. Please bring your membership card and make checks payable to AARP.

Pool Tournament

Don't forget to sign-up in the Pool Room

for the upcoming contest with high-school students from The Boys & Girls Club of Westminster Thursday, August 19th, 2010 9:30 a.m.-12:30 p.m.



OKTOBERFEST

Join us on a trip to OCTOBERFEST 2010

Old World Village, Huntington Beach Date: Thursday, September 30th, 2010

Depart: 10:45 a.m. Return: 1:30 p.m.

Buffet Lunch with live German Band Shopping at Euromarket

Cost: \$10.00 per person

Sign-Up List is available at Front Desk

<u>Dinner Group:</u> Uncle Pete's Cafe

Wednesday, August 18th, 2010 4:30 p.m.

* Sign Interest List at the Front Desk

MOVIES

Fridays at 9:15 a.m.

August 6th

"Fried Green Tomatoes"

Jessica Tandy, Kathy Bates
A series of flashbacks reveal the mysterious and remarkable story of soul mates whose antics cause an uproar in their rural Southern town during the 1920's.

Runtime: 2 hours, 16 minutes

August 13th

"The Rainmaker"

Rated PG-13 (1991); Drama

Matt Damon, Danny De Vito
A young attorney with no clients must take on corporate America and open his own law firm.

Runtime: 2 hours; 15 minutes Rated PG-13 (1997); Drama

August 20th " As Good As It Gets"

Jack Nicholson, Helen Hunt
An obsessive-compulsive writer, along with his neighbors, finds out the true meaning of "the sunny side of life."

Runtime: 2 hours, 18 minutes Rated PG-13 (1997); Comedy

August 27th "Bedtime Stories"

Adam Sandler, Keri Russell
A down-on-his luck guy is always
telling bedtime stories to his niece and
nephew. But his life is turned upside
down when the fantastical stories he
makes up turn into reality.
Runtime: 1 hour, 40 minutes